

COVID-19 & HALLOWEEN

Many common Halloween activities can be higher risk for spreading viruses. There are other, safer ways to still celebrate Halloween!

Lower Risk Halloween Activities



Cook these **Ghostly Mini Pita Pizzas** together as a family! (find the recipe here: <https://to.pbs.org/3nIFv0l>)



Carve or decorate pumpkins outside, 6 feet apart, with neighbors or friends!



Scoop out pumpkin seeds, separate seeds, toss with 2 tsp vegetable oil, sprinkle with salt and bake at 325 degrees F for 20-30 minutes!



Do a Halloween scavenger hunt where children are given lists of Halloween-themed things to look for while they walk outdoors, admiring Halloween decorations at a distance!



Have a virtual Halloween costume contest!



Have a trick-or-treat search with your household members in or around your home (rather than going house to house)!



Have a Halloween movie night and a popcorn snack with people in your household!



Decorate your living space as a family!

Safe!



Fun!



Cambridge
Public Health
Department



Flip Over for Moderate Risk Ideas! ➡

COVID-19 & HALLOWEEN

Many traditional Halloween activities can be higher risk for spreading viruses. There are other, safer ways to still celebrate Halloween!

Moderate Risk Halloween Activities



One-way trick-or-treating: individually wrapped goodie bags are placed for families to grab and go (such as at the end of a driveway or at the edge of a yard).



Have a small group, outdoor costume parade and maintain 6 foot physical distancing.



Costume parties held outdoors where protective masks are used and people can remain more than 6 feet apart.



Open-air, one-way, walk-through haunted forest where masks are worn, and people can remain more than 6 feet apart.



Visit pumpkin patches or orchards where people use hand sanitizer first, wear masks, and people are able to maintain 6 foot distance from others.



Have an outdoor Halloween movie night with local family friends with people spaced at least 6 feet apart.

Important Reminders

- Halloween costume masks are NOT a substitute for a cloth mask.
- Do not wear a costume mask over a protective cloth mask because it can be dangerous if the costume mask makes it hard to breathe.
- If screaming will likely occur, aim for more than 6 feet of distance between people.



Cambridge
Public Health
Department



Hosting a Gathering?
Find CDC Guidance [here](https://bit.ly/30A9fNC) or
at <https://bit.ly/30A9fNC>